

101 Ways to Help Others

1 Read with a child 2 Mow a lawn 3 Talk to a friend 4 Make a wish come true
5 Hold the elevator door 6 Change a tire 7 Let the other guy have your parking spot
8 Be a Crisis Line volunteer 9 Shovel someone's walk 10 Rake someone's yard
11 Smile at a stranger 12 Be a courteous driver 13 Help Special Olympics 14 Serve food at a homeless shelter 15 Be a Hospice volunteer 16 Be a pen pal 17 Sing a song 18 Pick up litter 19 Train Seeing Eye dogs 20 Tutor immigrants 21 Take a grade school class to a zoo 22 Adopt-a-Highway 23 Organize a neighborhood watch 24 Teach peer mediation 25 Make holiday greeting cards 26 Tell a joke 27 Call a friend 28 Sub for Santa 29 Start a community garden 30 Buy donuts for the office next door 31 Send a thank you note 32 Buy flags for your neighbors 33 Put money in a parking meter 34 Give clothes to a homeless shelter 35 Tend abused children 36 Wash a car 37 Visit a lemonade stand 38 Plant a tree 39 Recycle 40 Visit a sick neighbor 41 Give a tip 42 Read books to children at the library 43 Start a youth action council 44 Make dinner for a busy mom 45 Visit a nursing home 46 Groom your neighbor's dog 47 Take toys to shelters 48 Clean a park 49 Let someone in ahead of you 50 Be a tutor 51 Clean up graffiti 52 Build a bird feeder 53 Help someone in need 54 Wave at 5 strangers a day 55 Baby sit for free 56 Visit your grandparents 57 Pay the next guy's car wash 58 Bake bread for the school bake sale 59 Make a quilt for Primary Children's Hospital 60 Forgive 61 Do your brother's laundry 62 Read to the blind 63 Gather oral histories 64 Be a candy stripper 65 Compliment a friend 66 Compliment a stranger 67 Send a birthday card 68 Make cookies, ring the doorbell and run 69 Be a friend 70 Be a teacher's aide 71 Send a sympathy card 72 Send flowers 73 Carry some boxes 74 Wash the windows 75 Serve breakfast in bed 76 Scrape off a windshield 77 Give correct change for the person ahead of you 78 Weed your neighbor's garden 79 Give blood 80 Stuff envelopes for a fundraiser 81 Help a lost dog 82 Be a Big Brother or Sister 83 Give to your favorite charity 84 Give to your neighbor's favorite charity 85 Restore wildlife habitat 86 Organize a water conservation program 87 Rehabilitate mountain trails 88 Help immunize infants 89 Help with Head Start 90 Setup activities for latchkey kids 91 Watch your neighbor's pets 92 Take your friend for a Coke 93 Get out and vote 94 Shine you dad's shoes 95 Be a lifeguard at the community pool 96 Adopt-a-Grandparent 97 Listen 98 Clean up your neighborhood 99 Bring home a box of chocolates 100 Have the new neighbors over for dinner 101 Call your volunteer center